



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – A3 WINTER 2014

**PE 2930: INTRODUCTION TO THE MOVEMENT ACTIVITIES OF
CHILDREN AGED 5 TO 12**

3(0-3-0) UT 45 HOURS

INSTRUCTOR: Bethe Goldie **PHONE:** 780-539-2972
OFFICE: K214 **E-MAIL:** bgoldie@gprc.ab.ca

OFFICE HOURS: Mondays and Tuesdays 1-2 pm; Fridays 11 am-12 pm

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Alberta Fitness Leadership Certification Association. (2012) *Ever active kids: Leader's manual*. Edmonton, Canada: Author.

CALENDAR DESCRIPTION: This is a study of the free play and organized physical activities of school aged children in recreational, educational, and sport environments. Class members will engage in practical physical activity and the observation of children.

CREDIT/CONTACT HOURS: 3 credits, 45 contact hours

DELIVERY MODE(S): Most of the classes will be activity filled in the gymnasium but there will also be several note-taking classes in the classroom.

OBJECTIVES:

For the students to acquire:

- 1.) Knowledge of the types of movement activities in which children 5 to 12 years of age engage.
- 2.) An understanding of the characteristics and needs of children participating in movement activities.

- 3.) A knowledge and understanding of movement concepts with emphasis on their application to a variety of movement activities.
- 4.) Observation skills for assessment and understanding of how children develop movement skills.
- 5.) Knowledge of suitable environments for children to learn movement activities.

COURSE CONTENT:

Theory, discussion, observation, and practical work will run concurrently throughout the course. The content listed below will be integrated for presentation rather than considered separately.

1. A study of movement activities engaged in by children 5 to 12 years of age.
 - a.) types of functional and expressive activities
 - b.) content of activities
 - c.) suitability of activities for children within this age group
 - d.) the organization and progressive development of activities.
2. An introduction of the characteristics and needs of children 5 to 12 years of age.
 - a.) growth and development: cognitive, affective, and psychomotor aspects
 - b.) age characteristics
 - c.) the needs of children for physical activity
 - d.) skill acquisition.
3. Movement analysis
 - a.) basic kinesiological principles and Laban's principles of movement
 - b.) the application of these principles for observation, activity analysis, and task setting.
4. Observation of children in activity settings.
 - a.) observation techniques
 - b.) identification of levels of skill proficiency
 - c.) analysis of child's use of movement concepts.
5. The provision of suitable environments and activities for children 5 to 12 years of age.
 - a.) suitable equipment and environments for the promotion of activity
 - b.) ways of helping children learn more about themselves and the values of physical activity in their lives
 - c.) free play and structured activity settings, their values and limitations.
6. A study of the content of Physical Education programs:
 - a.) gymnastics, dance, and games, etc.
 - b.) the contribution of each to the total program
 - c.) methods of presenting and organizing experiences
 - d.) practical ways of dealing with individual differences within the physical education program.

TRANSFERABILITY: UA, UC, UL, AU, UF, CU, CUC, KUC.

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions.

Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

EVALUATION:

Midterm exam	30%
Teaching assignment #1(Dance)	10%
Teaching assignment #2 (Games)	10%
Teaching assignment #3 (Gymnastics)	15%
Final exam	35%

STUDENT RESPONSIBILITIES:

Regular attendance and participation are expected in ALL sessions since much of the information provided cannot be obtained in any other way. It is a policy of our department that a student who misses more than 10% of the total number of classes may be disallowed from writing the final exam. Also see Regulations and Policies section of the GPRC Website for college policy on being debarred from exams. Appropriate clothing (e.g. shorts, T-shirt, yoga pants, track suit) is required for gym activities. Most practical work in the gymnasium is done in bare feet or court/running shoes.

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Class Schedule: Monday and Wednesday from 2:30 to 3:50 pm in J202 and the gymnasium.

This schedule is subject to change but I will give you notice well ahead of time when possible.

DATE	LOCATION OF CLASS	TOPIC/ASSIGNED READING
W. Jan. 8	J202	Introduction; course outline; read Ch. 1 for next class (P. i – 27)
M. Jan. 13	J202	Notes. Discuss PE; Read Ch. 2 & 3 for next class (P. 28-46)
W. Jan. 15	J202	Notes. Read Ch. 4 for next class (P. 47-69)
M. Jan. 20	J202	Notes. Read Ch. 5 & 6 for next class (P. 70-131)
W. Jan. 22	Gym	Activity!! Read Ch. 7, 8, and 9 for next class (P. 133-154)
M. Jan. 27	Gym	Activity!! Read Ch. 10 for next class (P. 157-175)
W. Jan. 29	Library	Website Research (Alberta Education)
M. Feb. 3	Gym	Activity!! Read Appendices A, B, C, and D for next class (P. 177-213)
W. Feb. 5	Gym	Activity!! Folk Dance
M. Feb. 10	J202	Review
W. Feb. 12	J202	MIDTERM EXAM
M. Feb. 24	Gym	Activity!! Educational Dance
W. Feb. 26	Gym	Activity!! Educational Dance
M. March 3	Gym	Activity!! Educational Dance
W. March 5	Gym	Teaching #1 Educational Dance
M. March 10	Gym	Activity!! Educational Games
W. March 12	Gym	Activity!! Educational Games
M. March 17	Gym	Activity!! Volleyball for Elementary School
W. March 19	Gym	Teaching #2 Educational Games

M. March 24	Gym	Activity!! Educational Gymnastics
W. March 26	Gym	Activity!! Educational Gymnastics
M. March 31	Gym	Activity!! Educational Gymnastics
W. April 2	Gym	Teaching #3 Educational Gymnastics
M. April 7	Gym	Activity!! Orienteering and Geo-Caching
W. April 9	Gym	Activity!! Parachute and Skipping
M. April 14	J202	Review
TBA	Gymnasium	Final written exam